Suicide Prevention Programme
Learning Set 1
20\textsuperscript{th} October 2020

Welcome!

Thank you for joining this National Suicide Prevention event

The event will start at 13:00
Introduction

National Collaborating Centre for Mental Health
Tom Ayers
Housekeeping

• Please mute your speakers/audio unless you are speaking

• Please turn your camera off when others are presenting

• If you would like to ask a question or leave a comment, please use the chat function within the meeting

• If you experience any technical difficulties, please email safetyimprovement@rcpsych.ac.uk

• The presentations and Q&A will be recorded and shared on our website. If following today’s event you do not wish to be identified please contact us on the email above
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<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter/Info</th>
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<tr>
<td>12:45 – 13:00</td>
<td>All attendees to join the meeting</td>
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<tr>
<td>13:00 – 13:10</td>
<td>Welcome</td>
<td>Tom Ayers, National Collaborating Centre for Mental Health</td>
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<tr>
<td>13:10 – 13:40</td>
<td>Latest findings on self-harm and suicide prevention, including COVID-19</td>
<td>Prof. Louis Appleby, National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH)</td>
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<td>13:40 – 14:10</td>
<td>Co-production and engaging people in the community</td>
<td>Louise Thomas &amp; Vicki Wagstaff, Lancashire and South Cumbria STP</td>
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<td>14:10 – 14:30</td>
<td>Raising awareness</td>
<td>Mike Doyle, South West Yorkshire Partnership Foundation NHS Trust</td>
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<td>14:30 – 15:00</td>
<td>Breakout groups</td>
<td>Links and group allocations will be provided during the event</td>
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NCISH Update

NCISH
Prof. Louis Appleby
National Confidential Inquiry into Suicide and Safety in Mental Health

STP Learning Day
Latest findings on self-harm and suicide prevention, including COVID-19
20th October 2020

Professor Louis Appleby
Suicide rate in England

Source: ONS, England
Suicide in age & sex groups

Age-specific suicide rate, 2019, England

Source: ONS, England
Suicide rates 15-19 year olds

Source: ONS, England
1. Extended STP support to include wave 3

2. UK-wide COVID-19 suicide support

3. Real Time Surveillance (RTS) data

4. Contributing to national suicide prevention response
Strategic approach to suicide prevention

Research evidence & experience of national strategies provide strong basis for suicide prevention

Universal interventions on economic stresses, isolation, alcohol, domestic violence, access to means & media reporting

Targeted interventions for those with pre-existing MH problems & people in crisis

UCL social survey: Covid stress

Figure 9a Covid-19 stress by age groups

Figure 9b Covid-19 stress by living arrangement

Figure 9c Covid-19 stress by household income

Figure 9d Covid-19 stress by mental health diagnosis

Source: UCL, 2020
Factors affecting anxiety

Source: ONS
Google searches: Trends in relative search volumes of key topics

The impact on self-harm and suicidal behaviour

Living systematic review

No evidence of an increase in suicide, self-harm, suicidal behaviour, or suicidal thoughts

Factors associated with suicide include: fear of infection, social isolation and economic concerns

Child suicide rates during the COVID-19 pandemic

Child suicides may have increased in first 56 days of lockdown

Risk remains low

Numbers too small to reach definitive conclusions

Restriction to education & other activities, disruption to care & support, tensions at home & isolation appeared to be contributing factors
The impact on mental health care and service users

Concerns & priorities of 2,180 staff:

Combining infection control & therapeutic environment in hospital

Service users losing support, feeling isolated

Effective targeted tele-health implementation in community

COVID-19: local multi-agency suicide prevention

Support for:
- Isolated
- Bereaved
- Victims of domestic abuse

MH Services:
- Access Crisis/self-harm
- Maximise digital CAMHS, esp ASD/ADHD

Community:
- Enhance social capital
- Green space

Partnership with:
- 3rd sector
- Local media

Data:
- Real Time Surveillance

Partnership with:
- 3rd sector
- Local media

Real Time Surveillance
Co-production and engaging people in the community

Lancashire and South Cumbria STP
Louise Thomas & Vicki Wagstaff
Suicide Prevention Team – Wave 1 funding

Louise Thomas (Clinical Network Programme Manager)
Vicki Wagstaff (Clinical Network Manager)
Lancashire and South Cumbria Integrated Care System is the partnership of NHS, local authority, public sector, voluntary, faith, community and social enterprise and academic organisations working together to help the 1.7million residents live longer, healthier lives.
Background

- Lancashire & South Cumbria had the 4th highest suicide rates at the time of funding
- Lancashire & South Cumbria had 2 districts (Blackpool and Barrow in Furness) as the 1st and 3rd highest IN ENGLAND for self-harm admissions at the time of funding
- The region had an STP in place which was in the process of becoming an Integrated Care System (ICS) which is now fully established
Where we were

- Wave 1 STP funded in 2018/19 financial year
- Logic model produced which identified:
  - 3 long term outcomes
  - 6 Intermediate outcomes
  - 22 Short Term Outcomes
  - Over 80 tasks/projects to fully satisfy the logic model
### 3-year process – Suicide Prevention is ‘Everybody’s Business’

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<th>Year</th>
<th>Plan</th>
<th>Outcome</th>
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| 2018/19 – Y1 | Create a whole system approach and understanding to suicide prevention                                                                   | - Suicide Prevention Steering Group  
- Community feedback and information events  
- Embed SP into NHSE/Local Authorities/Police etc  
- Focus groups and lived experience workshops |
| 2019/20 – Y2 | Build & run projects to achieve greater awareness and prevention                                                                       | - Tackle the 22 Short Term Outcomes  
- Use existing systems where possible  
- Utilise rich information and gaps identified within year 1, to design and build services/support that is needed and fit for purpose |
| 2020/21 – Y3 | Embed project outcomes into whole system                                                                                            | - Maintenance of programmes  
- Embed into existing services/ICS SLT  
- ……Covid-19!!! Intense increase in SP work across the whole system |
Getting full involvement of the system is imperative

- Whole system input
  - Suicide Prevention Oversight Board formed with whole system representation
  - Locality Suicide Prevention Groups formed
  - Steering groups formed for Self-Harm, Bereavement and Dual Diagnosis
  - Training opportunities identified
  - Real Time Surveillance (RTS) system started

- Lived experience
  - Bereavement by Suicide Lived Experience Focus Group formed
  - Suicide Attempts lived experience group workshops took place
  - Website focus group with lived experience input
Year 2 - projects

Just a selection!!

- RTS system up and running
- Training package in place
- Keep talking – men’s campaign
- Help is at Hand flooded into the system (Police/NWAS/Fire) and public spaces (libraries/hubs)
- Bereavement peer support groups set up – moving from 2 (none actually on patch) to now 8 groups available (all on patch)
- Website directory produced and available to all
- Dual Diagnosis pilot between MH Trust and Substance Misuse Provider
- Bereavement Support pilot run across 2 areas in Lancashire
- Self-Harm task and finish groups set up
Year 3 – Embed and……Covid-19
Maintenance of projects within the system & respond to Covid-19

- AMPARO support service fully commissioned across Lancashire
- Samaritans Bedside Phoneline available on Hospedia phones within Acute Trust Wards
- Mental Health listings on website for use by anybody
- Campaign designed and delivered around Mental Health, Suicide and Support
- Bereavement groups moved to online (MS Teams provided)
- Coordinated digital communications package across the system for World Suicide Prevention Day (WSPD)
- Orange Button Community Scheme launched on WSPD linked to quality assured Suicide Prevention training
- RTS reporting went from monthly to weekly to spot any urgent interventions
‘How do you start?’

1. Louise - The right people!

- Whole system needed, so get people from all areas of the system to be onboard and build those relationships
- It has to be a MUST DO – not a wish list
- Use what is already available e.g. Health & well-being boards, community groups, police with a mental health remit; and put Suicide Prevention on their agenda.
2. Vicki - Lived Experience

– We have never walked in their shoes so don’t know exactly what is needed
– Put the work in to find the people that will add their voice. People want to be heard and want to make a difference.
– Don’t be put off by any negative experiences; they are what can help shape future positives.
– LISTEN to everything – there are some really good positives that do take place and can be replicated.
– Give people space to talk about the loved one they have lost as it is very empowering, and gives great purpose to the role we do.
– Put out a call to join in - Use existing networks, social media, board members, healthwatch, Universities – everywhere.
Learning points for Wave 1

Revisit, revisit, revisit – keep the plan fluid!

– Things that seemed good ideas may be impossible, already exist or may not be needed when consultation takes place
– Don’t get hung up on hitting ALL the outcomes, they may need to change (you may encounter an unplanned global pandemic for instance!!!)
– Constantly revisit the plan
Learning points for Wave 1

Multiagency MEANS multiagency

– Don't take it all on board as a suicide prevention team – share the load between the partners
– Try to get statutory organisations to take the lead where possible to ensure continuation of projects
– Work together and SHARE information, data, resources at every opportunity
Thank you.

Any questions?

vickiwagstaff@nhs.net    Louise.Thomas1@nhs.net

Web healthierlsc.co.uk | Facebook @HealthierLSC | Twitter @HealthierLSC
Raising awareness

South West Yorkshire Partnership Foundation NHS Trust
Mike Doyle
Suicide Prevention Strategy
UPDATE
October 2020

Dr Michael Doyle Suicide Prevention Lead,
West Yorkshire & Harrogate Integrated Care System

Lin Harrison Suicide Prevention Project Manager,
West Yorkshire and Harrogate Integrated Care System
Objectives:

➢ Background

➢ Progress

➢ Trailblazer work with State of Mind

➢ Next steps
Suicide Prevention Strategy

**Aim**

“To develop working relationships between partner agencies to provide an evidence-based but practical framework across the WY region to help reduce the frequency of suicide and minimise the associated human, collateral and financial costs”
Progress to date…

✓ Partnership working improved
  • Suicide Prevention Advisory Network (SPAN)

✓ New links made including Network Rail, British Transport Police, Papyrus, Highways England, Military, YAS, WY Fire & Rescue Service and VCS agencies

✓ Zero suicide ambition and SP improvement plans across WY&H mental health and LD providers

✓ Experts by experience engaged e.g. ‘Messages of hope’, ‘Great Minds’ branding exercise and State of Mind lived experience model

✓ Train-the-Trainer for ASIST and SafeTALK

✓ Real-time surveillance model developed with West Yorkshire Police
Plans 2019/21

• Trail blazer funding
  *Support pathway for males who are vulnerable and at risk*
  • Establish pathway for men to access support services
  • Facilitate peer support groups and networks based on *Offload* programme
  • Develop online support materials
  • Provide training and supervision to partner agencies and stakeholders

• Postvention funding
  *Bereavement by suicide postvention service*
  • Expanded well established and evaluated Leeds Suicide Bereavement Service across WY&H and evaluate new service

• Suicide Prevention Campaign
  • Inspire individual action
  • Reduce suicide in the identified target audience of staff across the ICS
  • Reduce further suicide and highlighting services for bereaved
Trailblazer update...

- Mapping and engagement with services began December 2019
- Over 71 services engaged locally
  - 8 x National/West Yorkshire
  - 6 x Bradford and Craven
  - 15 x Leeds
  - 8 x Kirklees
  - 4 x Calderdale
  - 19 x Wakefield
  - 1 x Harrogate
- Monthly online network forum established for local men’s projects
- Close working with State of Mind to develop support groups targeted at men using sporting metaphor
- First group sessions due to start at Huddersfield Giants April 2020 DELAYED 😞
- Plans for roll out across WY&H using sporting venues DELAYED 😞
✓ Partner with State of Mind Sport to provide mental health/fitness awareness programmes for the population of vulnerable men.
✓ Pathfinder development workers will co-facilitate sessions
✓ Help men understand issues around their own mental health and emotional well-being inc mental fitness, stress management, building resilience, exploring emotional intelligence and anger management
✓ Branding and messaging of project informed by men with lived experience

swy-tr@greatminds@nhs.net
Great Minds Overarch Promo
• Nearly 1000 views and 16 men engaged
Trailblazer next steps

• Continue to take the offer of sessions for men, in partnership with State of Mind Sport, online in a variety of settings.
• Develop plans to make the SoM men’s sessions accessible to both staff and residents within our prison populations.
• Plan to relaunch face to face sessions once COVID restrictions allow.
• SPOG group to formalise contract extension of Pathfinder Development Workers (self-harm in acute hospitals, primary care)
• New Project Manager inducted in post to continue to lead on workplan and management of PDWs.
• Develop Suicide Prevention microsite to promote work with men.
• Develop extensive pathfinder resource section on new SP microsite and explore other ways to make resources accessible so there is a clear pathway for men in our communities needing support.
• Explore opportunities to showcase work with men at conference, training events, webinars and on the media.
Thank you

**Michael Doyle**
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**Lin Harrison**
Suicide Prevention Project Manager, Senior Psychotherapist and Staff Governor
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Breakout groups